



Nebulizer Usage

Nebulizers are used to treat asthma by aerosolizing (forming tiny droplets) liquid medicine to get deep into the lungs. It is important to know how to use a nebulizer properly for best performance.

How to care for your equipment

Most home nebulizers consist of a compressor, or motor attached to a hose and nebulizer cup. The compressor's only function is to pump air to the nebulizer cup. It should be kept clean and free of dust. There is usually an intake filter that should be changed regularly.

The nebulizer cup is the place for the medicine. It unscrews in the middle to add the medicine. Some models may have a small plastic piece called a baffle, used to form mist as air passes through it (if the nebulizer should have a baffle but it is missing or broken it won't work).

Remember that any bacteria in the cup can end up in your lungs, so keep it clean. After each nebulizer treatment, take apart the cup and mouthpiece, soak them in warm soapy water for about 15 minutes, rinse carefully and allow to air dry.

Consult the manufacturer's guidelines on the package insert for information on how long the cup should last before being thrown away.

How to do a nebulizer treatment

1. Attach the tubing from the compressor to the cup.
2. Put the medicine in the cup and attach a mouthpiece or mask.
3. Turn the compressor on and a fine mist should form.
4. If using the mouthpiece, close your mouth completely around it. Some people like to use nose plugs.
5. Take slow, deep breaths and don't talk until the medicine is gone. Keep the cup upright at all times, tapping it if the medicine sputters. The treatment lasts about 10-15 minutes.

